

# Fresh List

Fresh List curates recipes and makes shopping lists based on your daily recommended nutritional values.  
Fill out the form below to get started with Fresh List today.

## Calculate your recommended nutritional values

Username

Text input

Password

Text input

ConFirm Password

Text input

Email

Text input

Gender

☒ Male

☒ Female

Weight(lbs)

Text input

Height

Select ▾

Activity Level

Select ▾

Goal

Select ▾

Calculate

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## Fresh List

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Hi: Dhgranger

Base on your activity level and goals we suggest you try to tailor  
our diet to ingest the following amounts of each macronutrient.

Protein: 600 calories or 150 grams per day

Carbohydrates: 900 calories or 225 grams per day

Fats: 500 calories or 55 grams per day

Find Meals

My Lists

# Fresh List

Breakfast

☒

Meal Info

☒

Meal Info

☒

Meal Info

Lunch

☒

Meal Info

☒

Meal Info

☒

Meal Info

Dinner

☒

Meal Info

☒

Meal Info

☒

Meal Info

Create Fresh List

# Fresh List

## Chicken Marsala

### Ingredients

Ingredient	Amount

Picture?

### Directions

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# Fresh List

## Shopping List

Ingredient	Amount
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